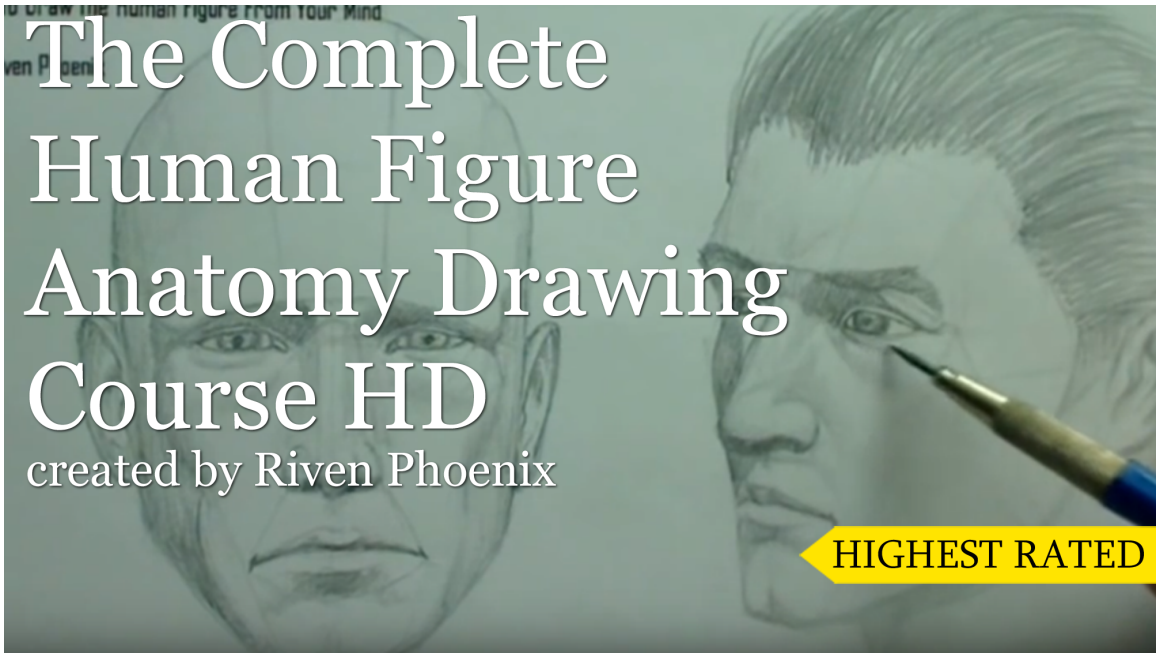


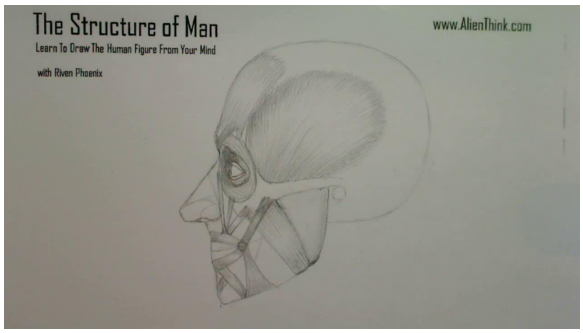
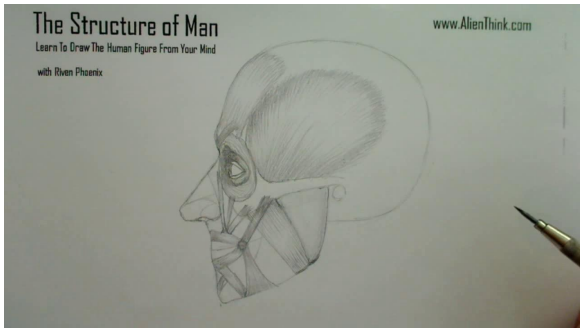
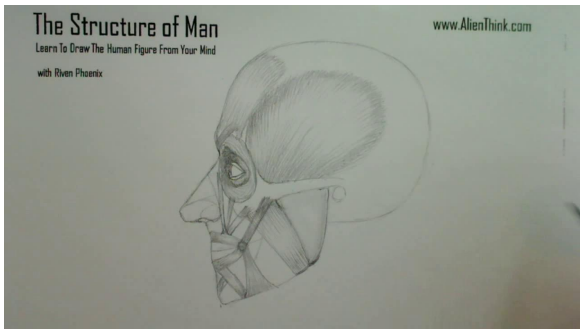
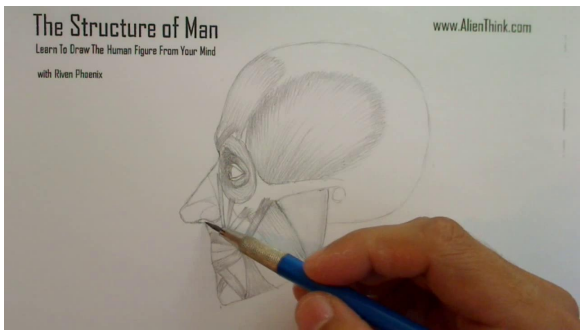
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

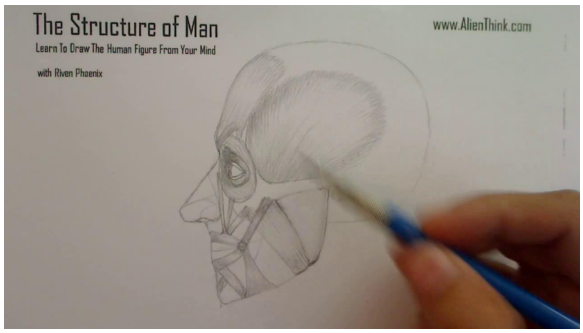
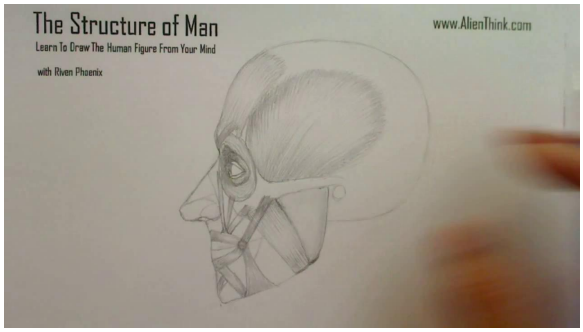
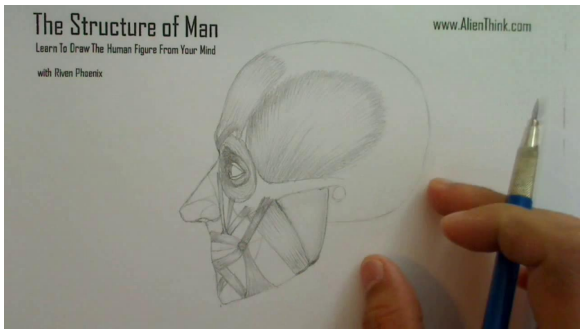
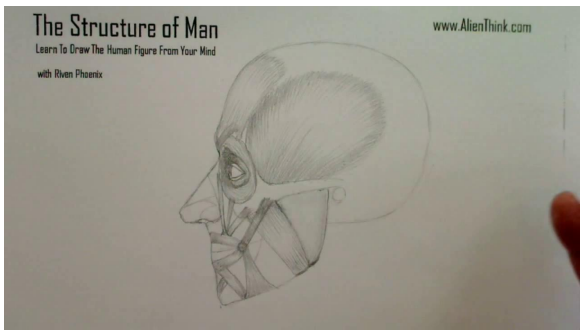
www.alienthink.com

Figure Drawing Lesson 089 - The Muscles of The Human Head -Part 15

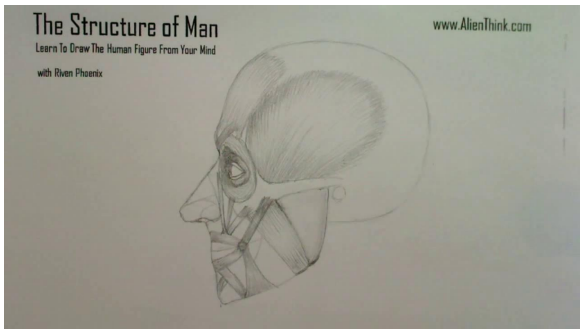
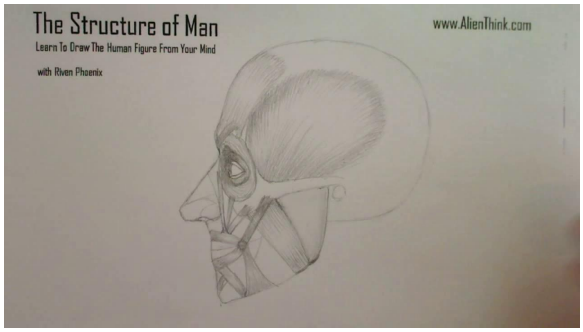
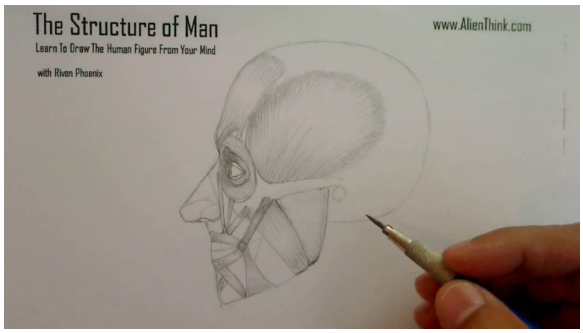
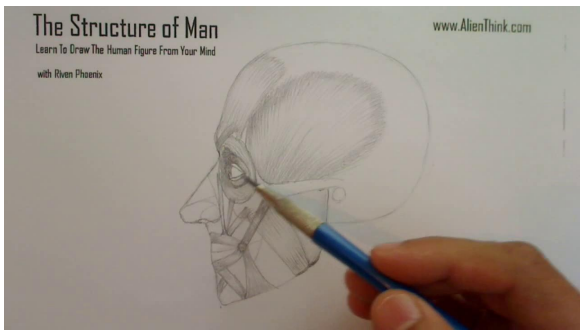
2026 Riven Phoenix and AlienThink.com

1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the
2		human figure from your mind training course.
3		Okay, so in the previous lesson, we had gone through this process of not only confirming
4		that the mind is now understanding the concept of the nil as to how it's structured.

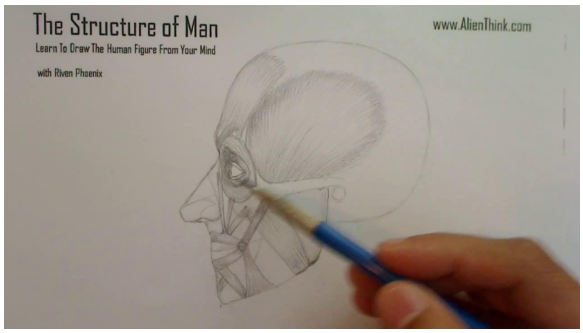
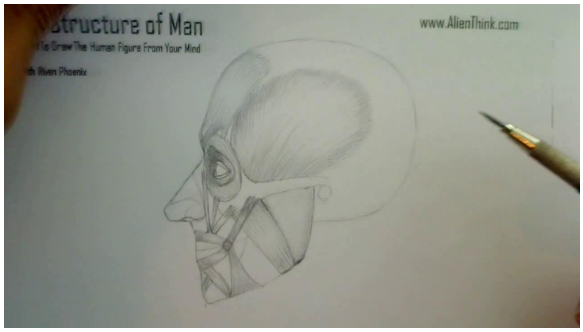
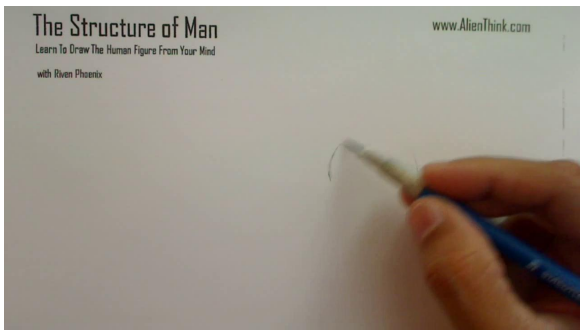
2026 Riven Phoenix and AlienThink.com

5		And on top of that, we also looked at the illustration process, right, that we were able
6		to do a successful illustration very quickly, right?
7		So the other process would be that you can now make this illustration even more detailed
8		by taking to Bristol paper, right, so the drawings that we're doing here are really

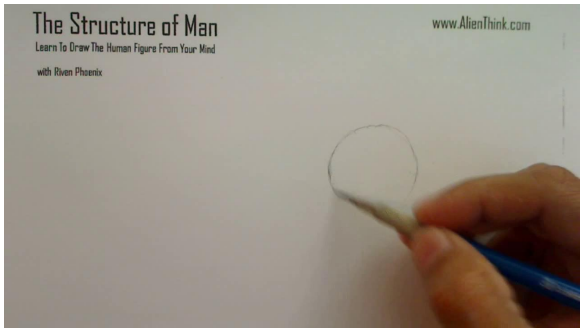
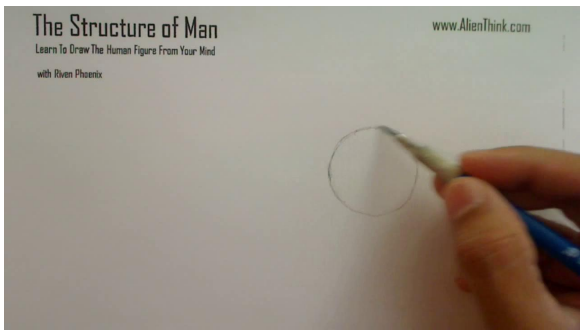
2026 Riven Phoenix and AlienThink.com

9		conceptual drawings, right, so always keep that in mind, that's why we're doing them.
10		So we're able to do them in short amount of time, but we also be able to do them successfully.
11		So now what we're going to do is now take a look at the eye and we're going to really
12		now get the mind to understand why the eye looks the way it does, right, so we really

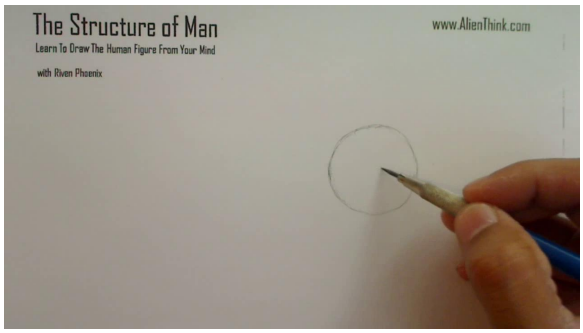
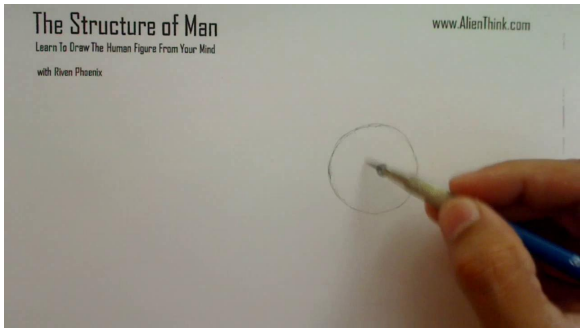
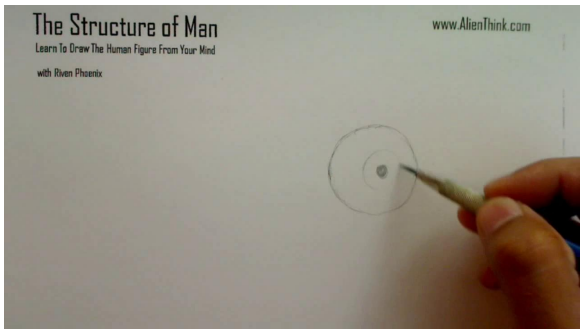
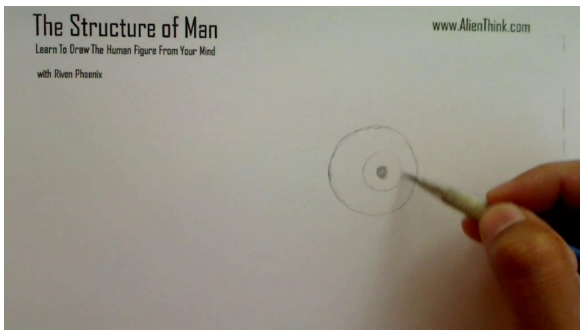
2026 Riven Phoenix and AlienThink.com

13		haven't looked at conceptually as to what's going on.
14		So what we're going to do, it's first what we need to do is draw like a ball shape here.
15		So here I'm going to first like do like a ball shape here, let's say, so this is going
16		to be this, this is going to be the eyeball over here.

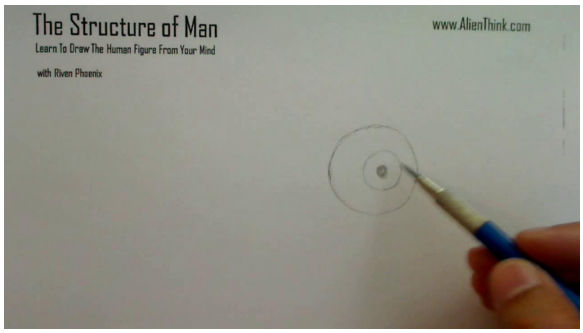
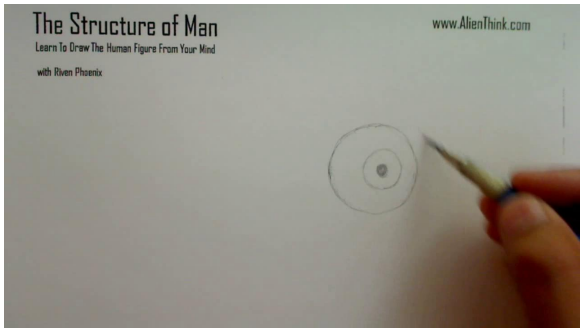
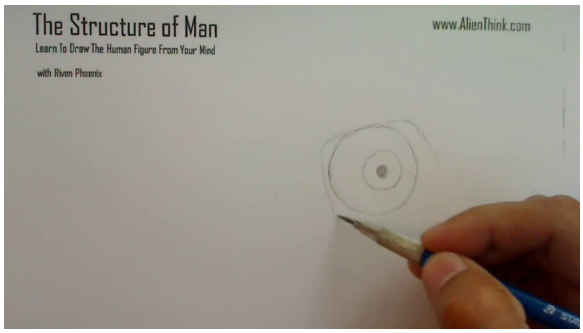
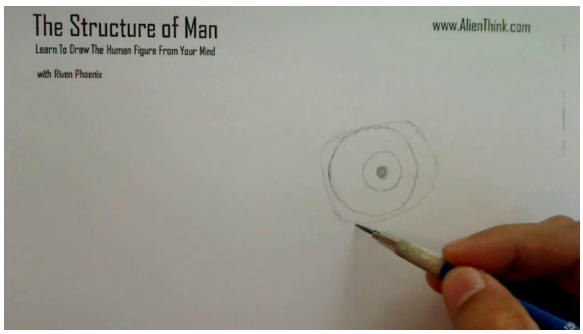
2026 Riven Phoenix and AlienThink.com

17		Okay, so we're just, we'll just do like this over here.
18		It just needs to be a circle, basically a ball.
19		It doesn't have to be a perfect circle, but just know that that's what it is.
20		Okay, so this is going to be our eyeball over here, right, so what happens here in the

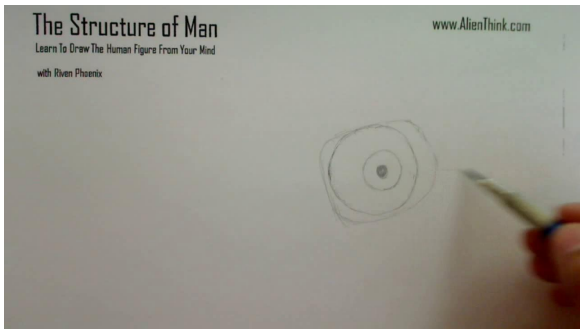
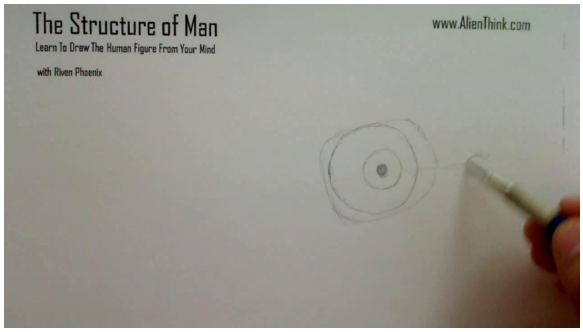
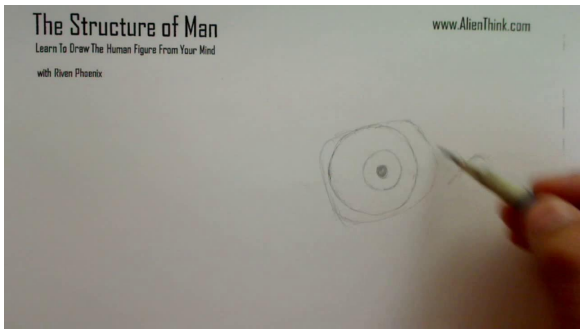
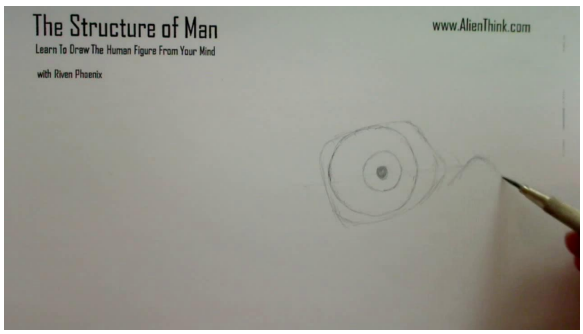
2026 Riven Phoenix and AlienThink.com

21		middle is obviously we're going to get like a circle in here for the, for the iris.
22		And then around it, we know that it's surrounded by the iris over here, right, so we really
23		don't have to look at how to render this, we just want to get conceptually as to what
24		it's going to look like here, right, so this is the eyeball, right, so what happens is

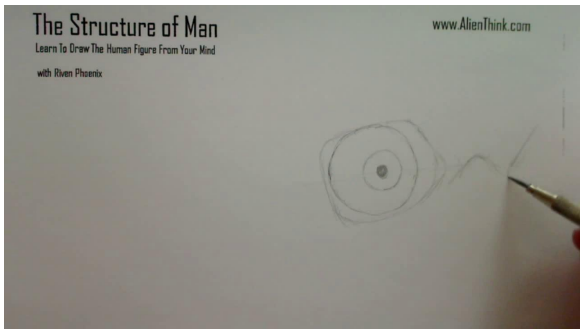
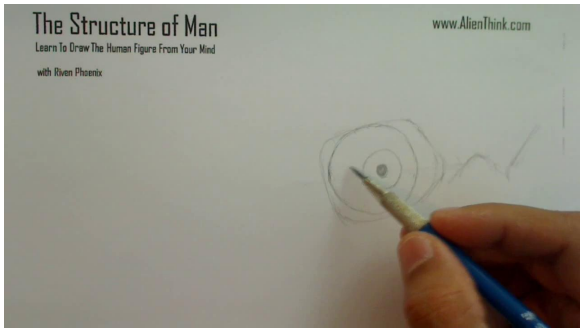
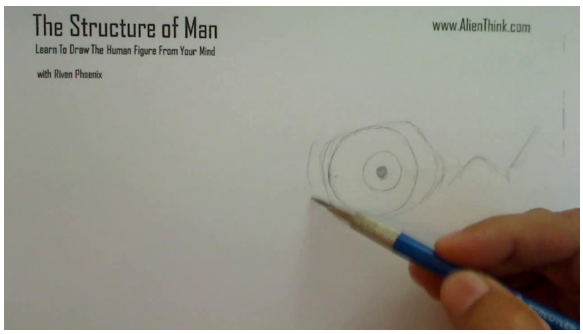
2026 Riven Phoenix and AlienThink.com

25		that where this eyeball is, in the design of the human skull, basically over here, if
26		you take this, this is going to be the eye socket for the human skull that we've been creating
27		and basically the eyeball is going to be sitting right here like this, it's going to be really
28		that big, right, so this is the first conceptual understanding of this, right, so basically when

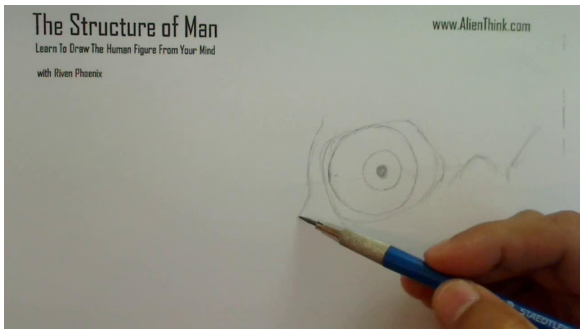
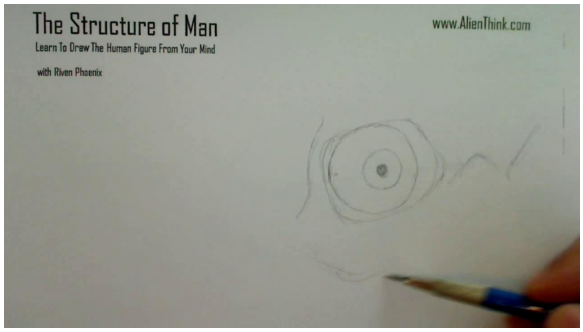
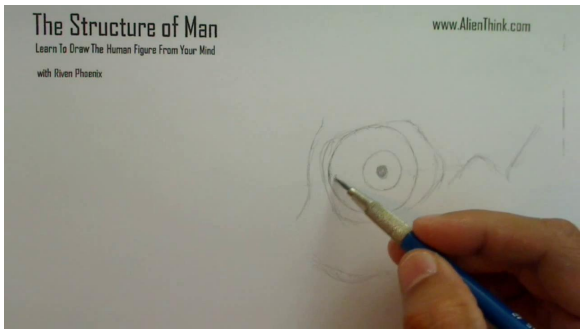
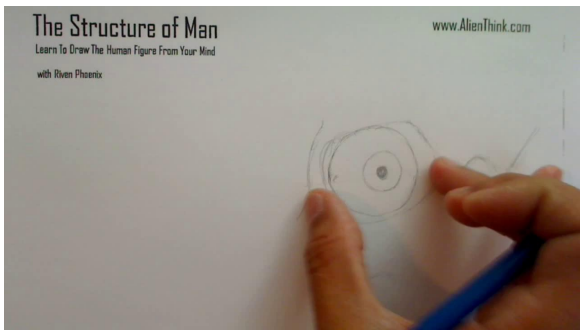
2026 Riven Phoenix and AlienThink.com

29		we do the center line on the, on the human figure, we know that over here we're going to
30		get the bone for the nose, it's going to come like this and then we're going to get this
31		guy coming in here that we talked about, right, so it's just going to be going like this.
32		And over here, the, on the other end, it's just going to do the same thing on the other

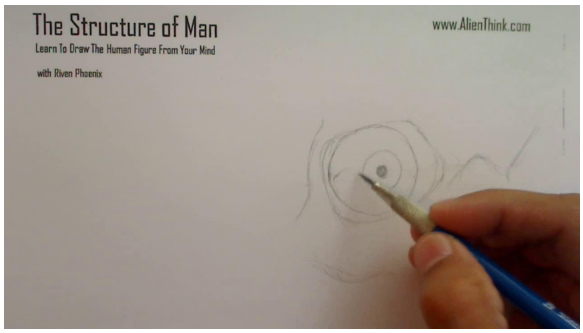
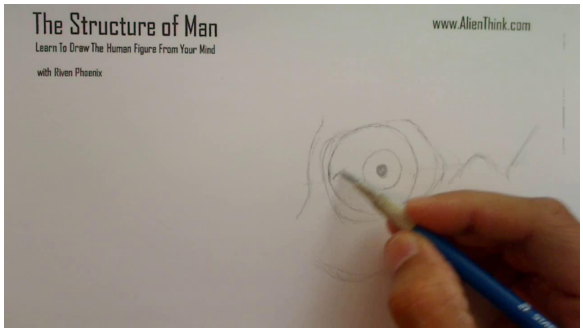
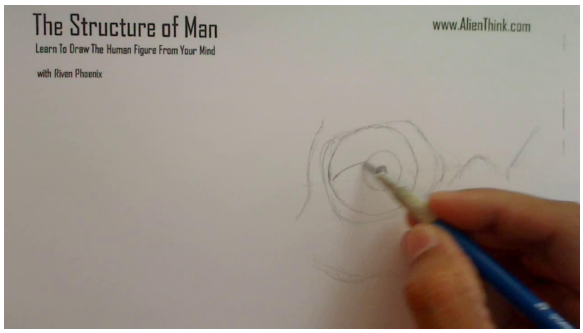
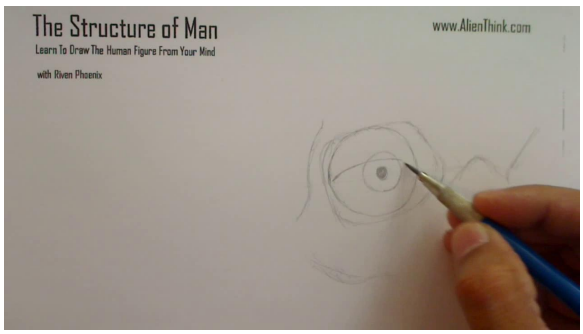
2026 Riven Phoenix and AlienThink.com

33		end over here, right, so to understand the eye, what we have to first look at is that when
34		the eyelid comes on top of it, right, so here I'm going to do the eyelid, so notice that
35		we had already understood that where we're going to do this bone here, this bone for the,
36		the skull is basically going to be like this, then it's going to go into the, this is going

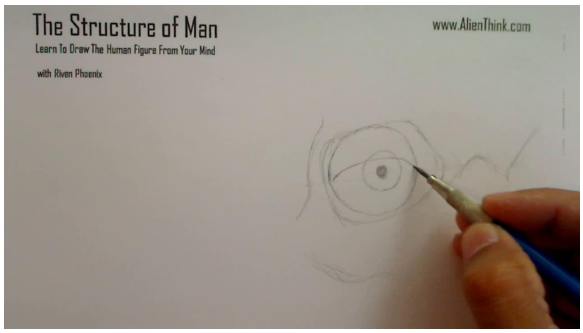
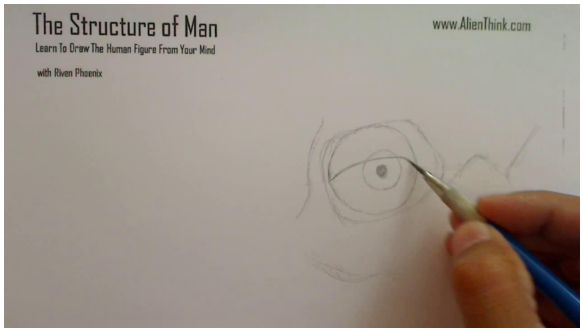
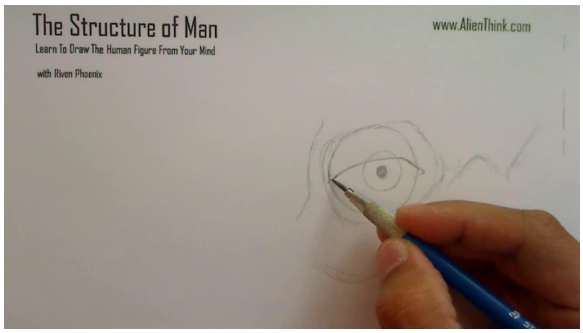
2026 Riven Phoenix and AlienThink.com

37		to be the cheek bone over here, right, it's going to be coming down like this over here,
38		then it's going to become that skull, so over here where the center line is, right, near
39		here, basically the eye is divided in three equal parts, one, two, and then three, right,
40		it's the same distance, so the first thing to understand is when we take the eyelid, we're

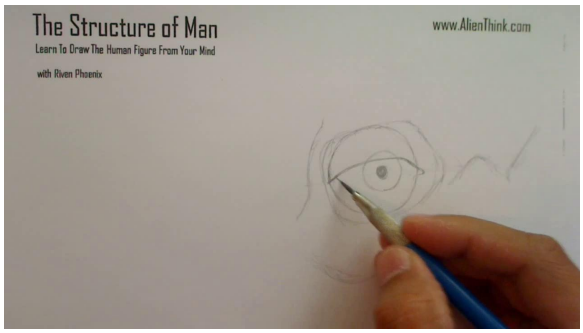
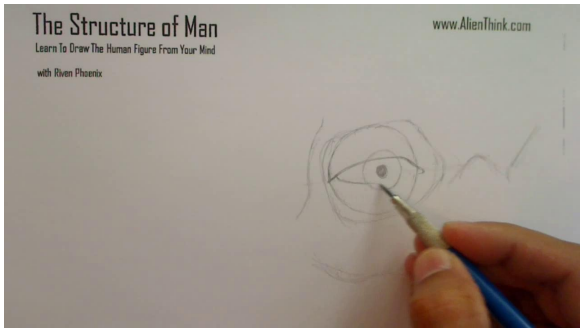
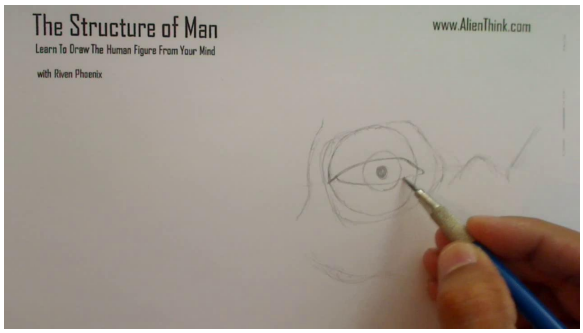
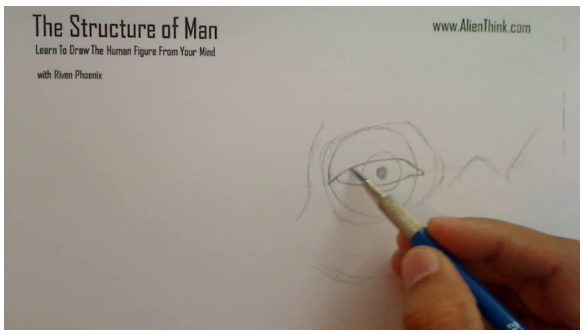
2026 Riven Phoenix and AlienThink.com

41		now have to think about, okay, the eye, this is the, the, the, the ball of the eye, we're
42		going to take a line above and then it's going to wrap around this eye over here, it's
43		going to keep wrapping around like this, and then over here it's going to start to go
44		down in this way, right, it's going to go down and then it's going to have the tear duct

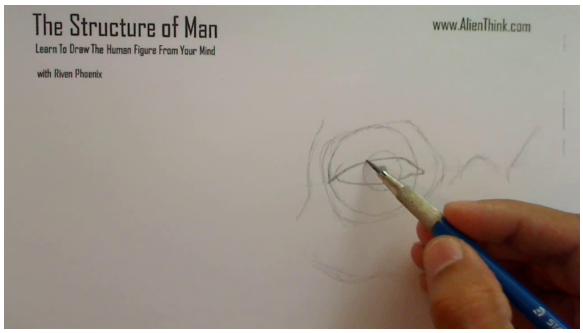
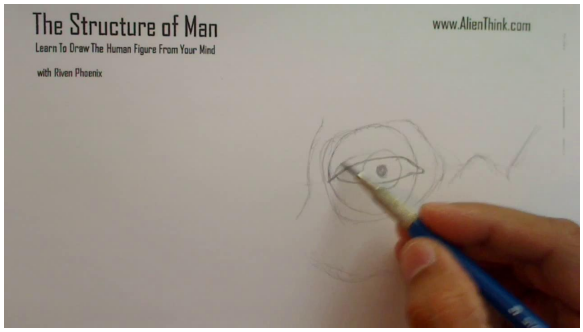
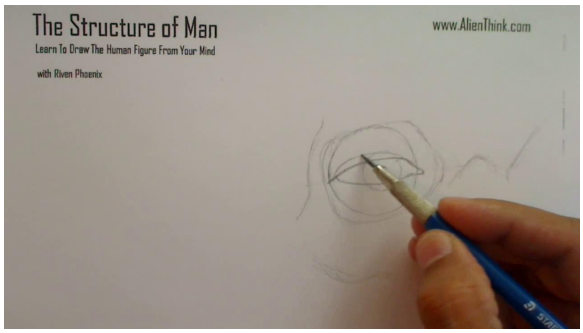
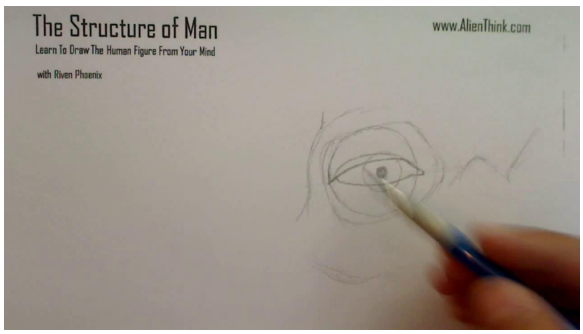
2026 Riven Phoenix and AlienThink.com

45		over here, right, so over here, notice that the line is more longer and then it goes down
46		this way, right, okay, so then what happens is that the, from the underneath of the eye,
47		where this guy is, it basically, the underneath comes over here, it doesn't actually need this
48		one over last and this one, this one is underneath it, so this one is going to do the same

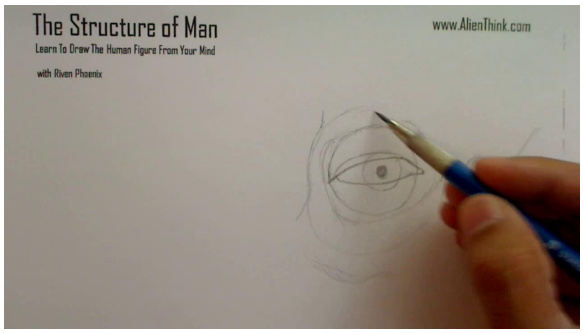
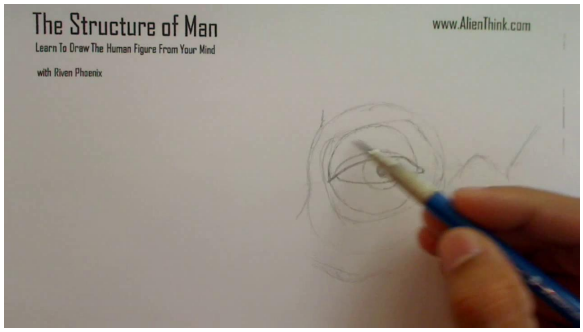
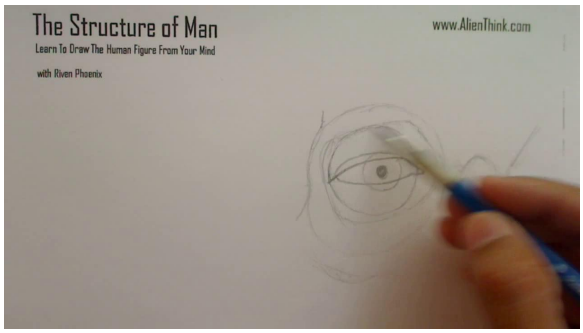
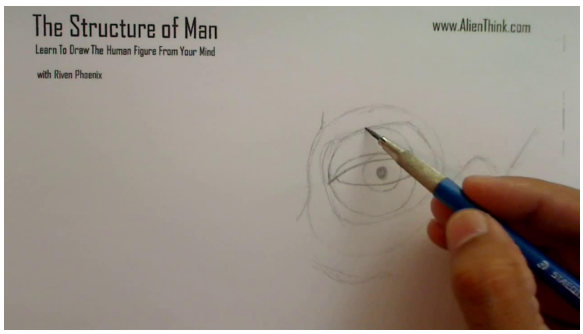
2026 Riven Phoenix and AlienThink.com

49		thing, it's going to go around this eye over here, it's going to go around, around, around
50		like this, and then it's going to try to come up, back up, and this is where you get
51		that curve over here, and then it's just going to become a part of the, the ear, right,
52		so it goes like this, okay, so then on top of this you're going to have the, basically

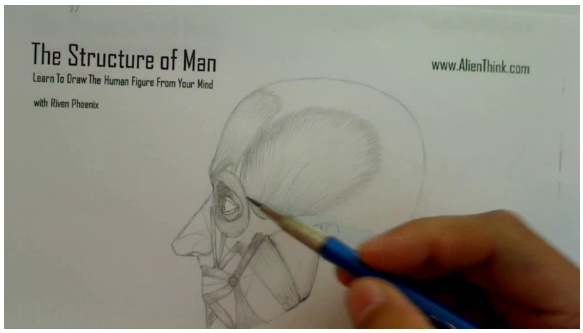
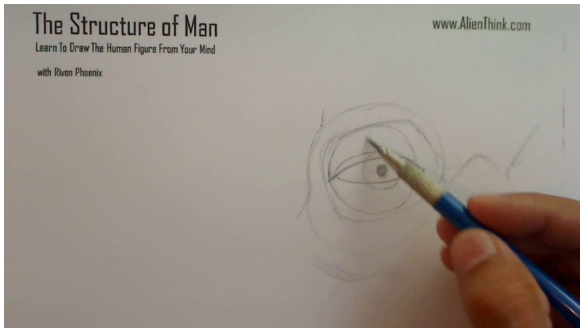
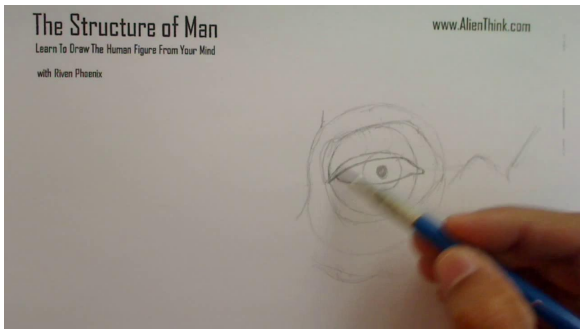
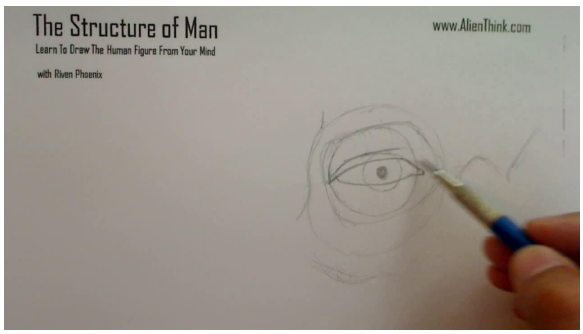
2026 Riven Phoenix and AlienThink.com

53		the eyelid now is going to be all across here, so then you get this line here for the whole
54		eyelid, but what happens is that over here where this is coming down, right, it's just going
55		to be like this, and where we had talked about the muscles, the muscles for the, the
56		skull are going to be like this, you know, the one that goes around like this, and it's

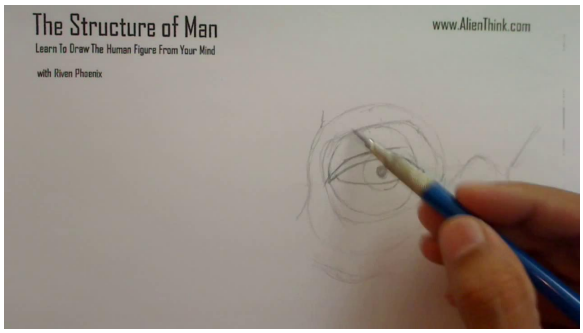
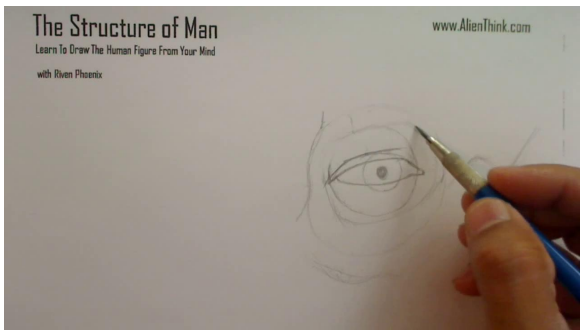
2026 Riven Phoenix and AlienThink.com

57		going to go like this, the one that's circling that we've been talking about, it's going to
58		be like this, and this is the bone structure over here, right, so over here where this bone
59		structure is, we know that this part here, this is the eye socket, but because of this
60		here, it's up, this is empty over here, right, in the drawing, if you look at this, where

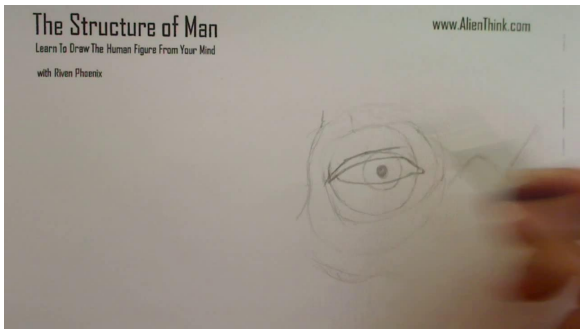
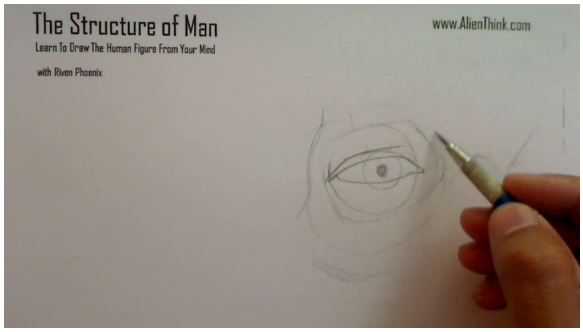
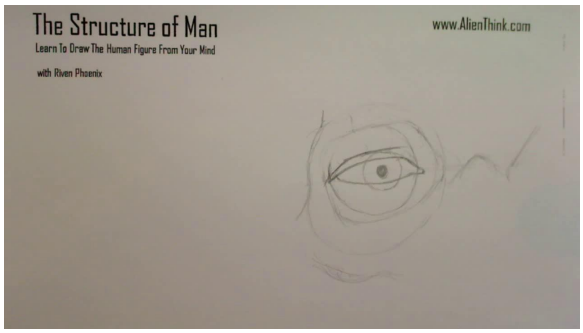
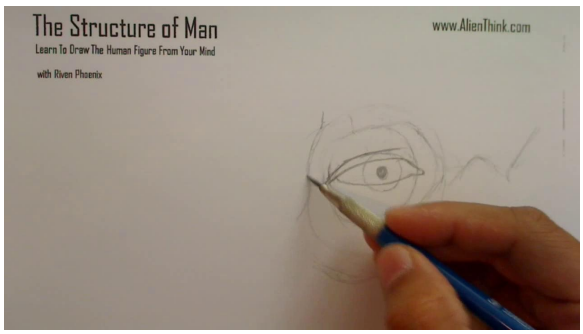
2026 Riven Phoenix and AlienThink.com

61		the skull is, it's going to go inside over here, right, so what happens is when this muscle
62		here, when it goes inside, it basically bucks up, right, so this is why over here you're
63		going to get this fat area for the eye, and it's usually just going to go like this, and
64		over here it's going to be much more darker, like so, right, so this area here is just

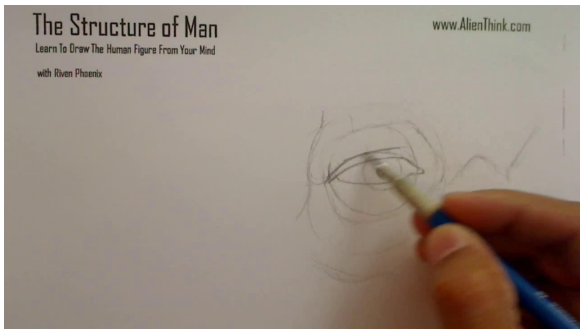
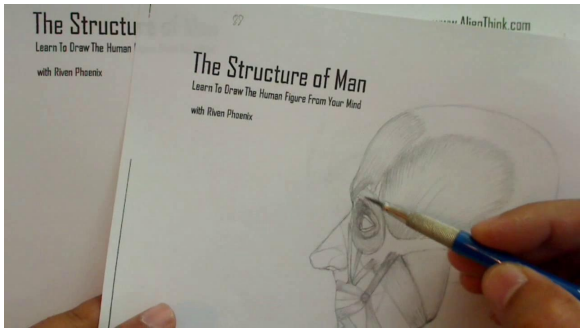
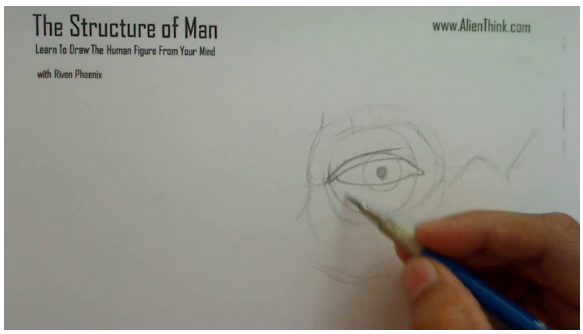
2026 Riven Phoenix and AlienThink.com

65		known as the fatty area, so here I'm just going to erase some lines so you can start
66		to comprehend this idea here, right, so this is the more fat area over here that we're going
67		to get, and then this is the part of the skull that's coming out, this is going to be your,
68		where your eyebrows are going to be, right, your eyebrows are going to be sitting on this

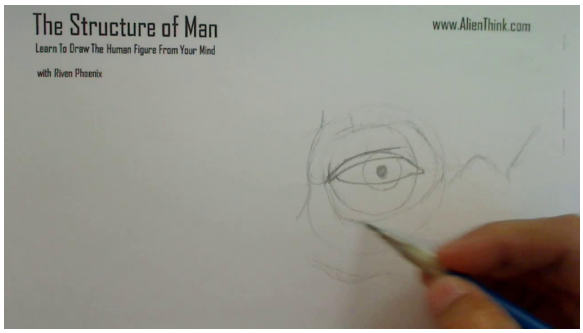
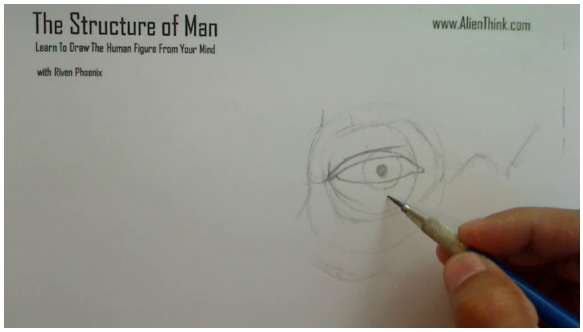
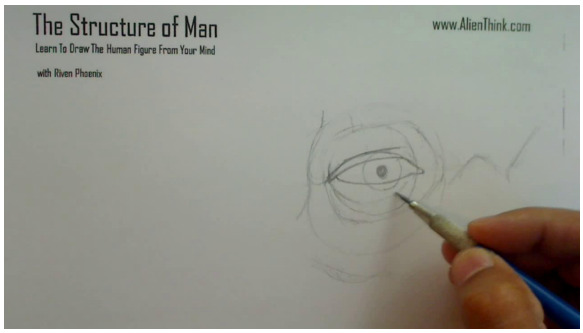
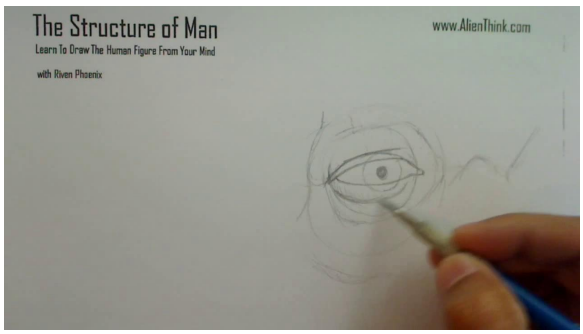
2026 Riven Phoenix and AlienThink.com

69		bone, right, so if you feel with your finger close to over here, right, if you're a male,
70		if you, when you start feeling the closeness of the eyebrow, you'll notice that it's hitting
71		on the bone structure, so over here, where we have this, you're just going to get basically
72		a fatty area over here, right, just like this, and this part here is really going to be

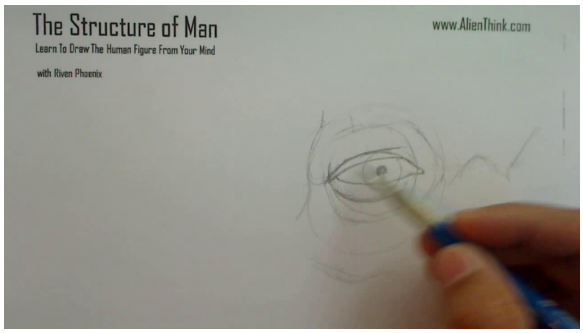
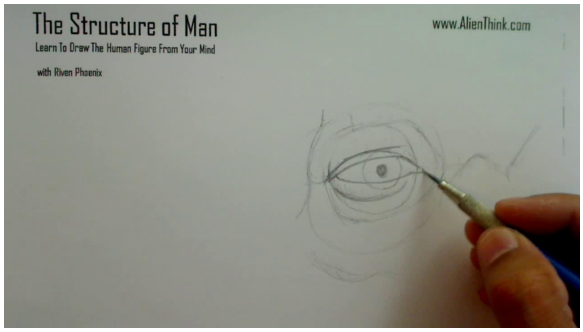
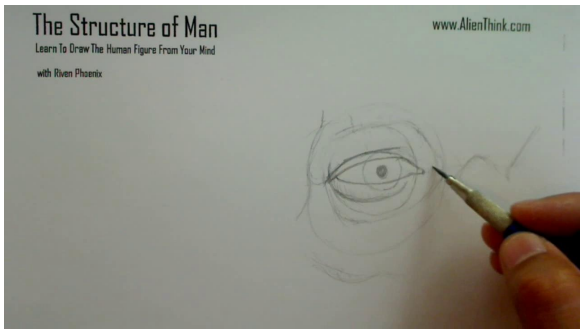
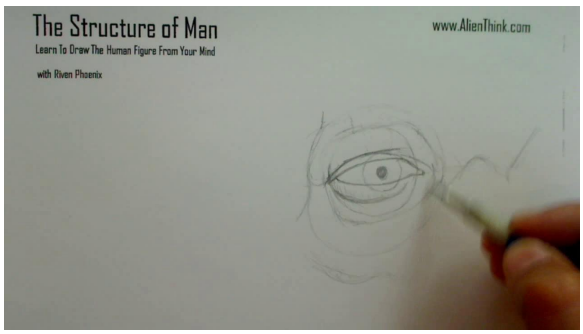
2026 Riven Phoenix and AlienThink.com

73		that fatty substance, so over here you're just going to get basically this part here is
74		the bone over here that we're talking about, right, so this is just going to be like this
75		over here, and you're going to get that, so what happens here is that because the, this
76		eye socket is still here, and we know about the eye bags are going to be basically just

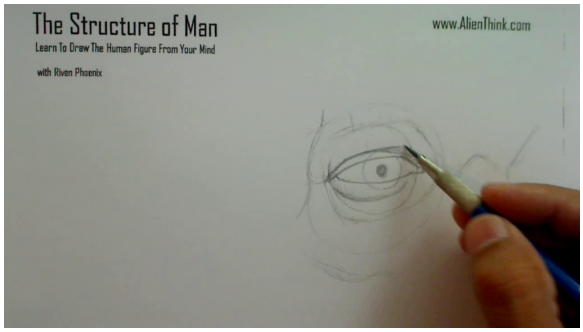
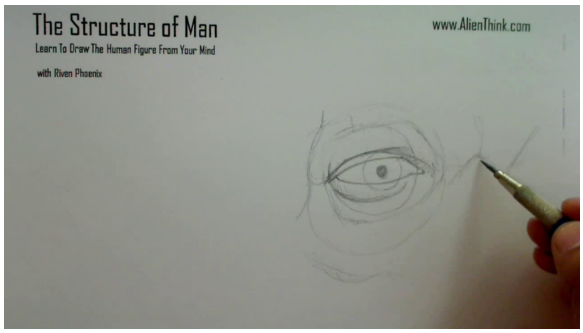
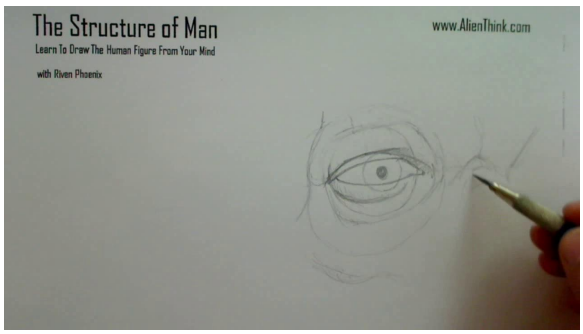
2026 Riven Phoenix and AlienThink.com

77		like this, right, depending on that person, you're going to get the bulge over here for
78		under here, and it's going to be just like this, right, so it's not going to come here,
79		it's just going to bulge under the eye like this over here, right, so this is like, here
80		the mind is conceptually beginning to understand, okay, it's not about drawing lines, it's about

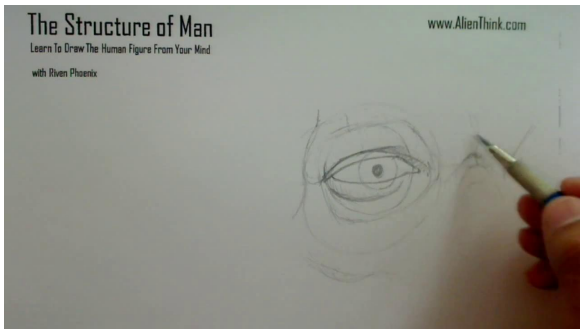
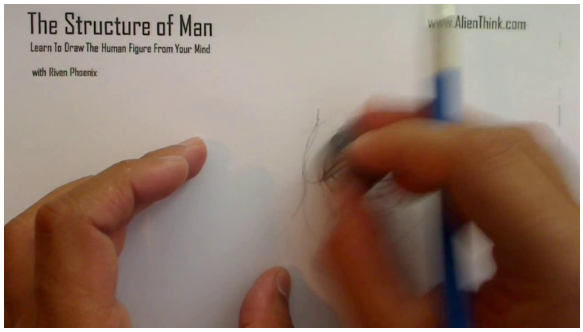
2026 Riven Phoenix and AlienThink.com

81		understanding the concept of the structure of our invention in 3D now, right, so here
82		where this, this is over here, basically all this area here is just going to come down
83		here, but then you're going to get like a muscle over here, it's just going to come like
84		this, right, so all of this is just going to be darkish over here, right, so you'll get

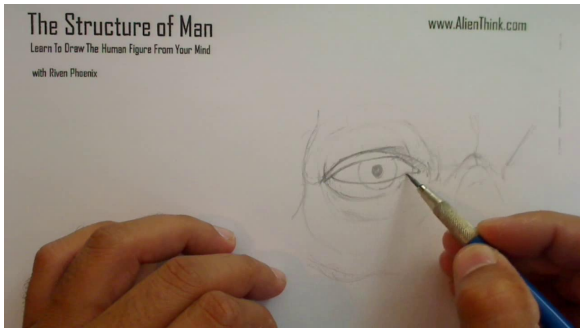
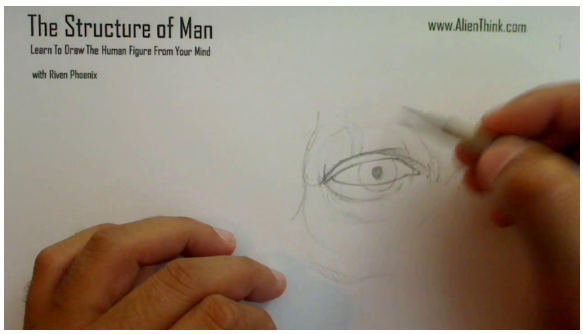
2026 Riven Phoenix and AlienThink.com

85		this bulge over here, then you'll start, it'll start to become much more darker over
86		here because this area over here, it's coming towards us and then it goes dips in, then
87		comes out over here for the bone, right, so the bone would be here and then you'll get
88		you're opening for the nostril, right, so this is on a perspective angle over here, right,

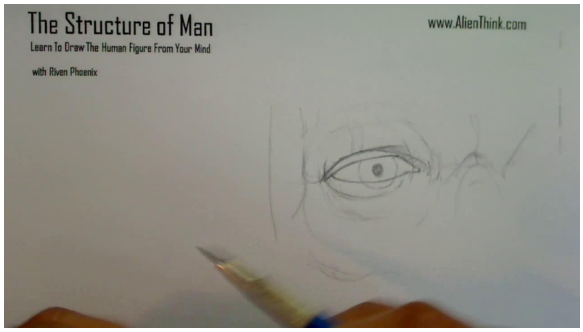
2026 Riven Phoenix and AlienThink.com

89		so this is an extreme close up of what I'm showing, so if I erase all this stuff that we've
90		put, we'll start to see how the eye will start to look now, right, so this part here really
91		is just going to be here, like a line over here and then you know that the, basically like
92		the eye bags, you don't have to show this every time, the eye bags would be here, right,

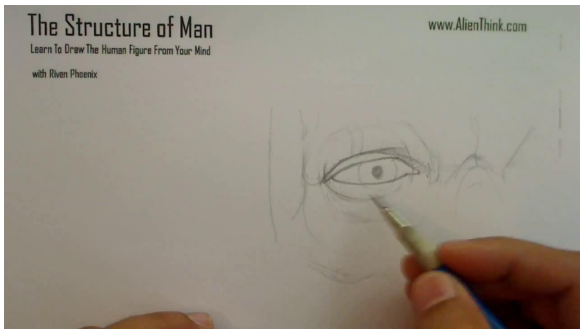
2026 Riven Phoenix and AlienThink.com

93		so we understand that this line is going to be longer this way and this line is going
94		to be coming this way, then you're going to get that this fat area over here above the
95		eye, basically it's just going to go all the way like this, right, so we're understanding
96		it this way over here, right, and then basically you're just going to get your area over here

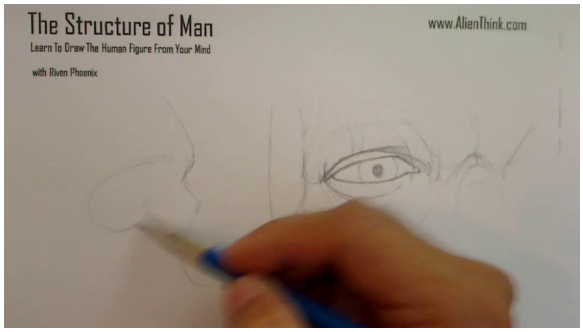
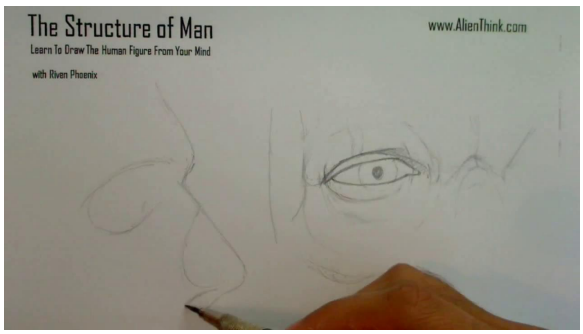
2026 Riven Phoenix and AlienThink.com

97		and then the head would be over here, okay, so now let's understand why does the eye
98		do this, right, why is it that we get this line from here all the way over here, it's more
99		longer and then it goes like this and then over here where we did this is the same thing,
100		it comes like this but then it's much more longer this way, okay, so to understand this what

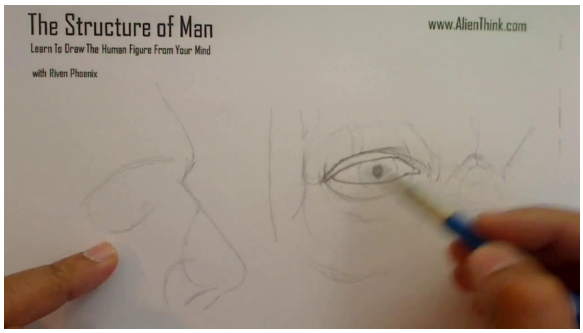
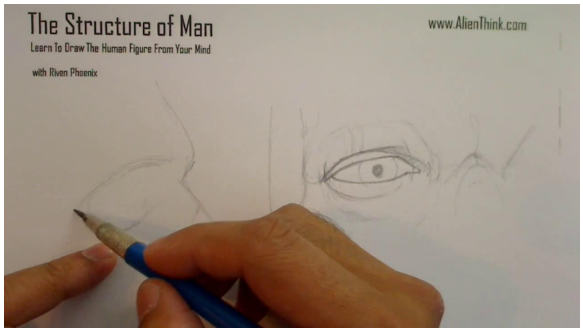
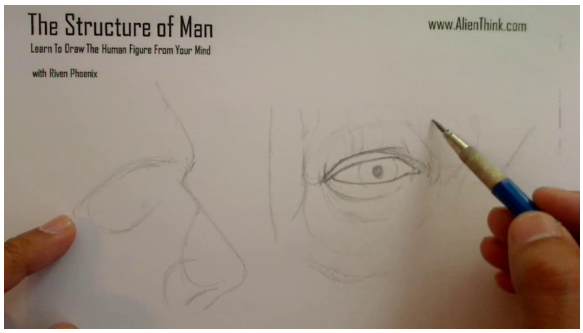
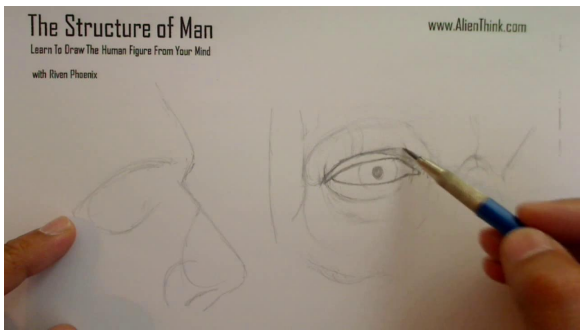
2026 Riven Phoenix and AlienThink.com

101		we have to do is really look at the structure of the human head from the side, right, so what
102		happens is that here I'm just going to draw out the human head like this, right, so let's say
103		that this is going to be the skull over here, we're going to get this dip over here, then we're
104		going to get this bone for the nose and it's just going to be like this coming this way, right,

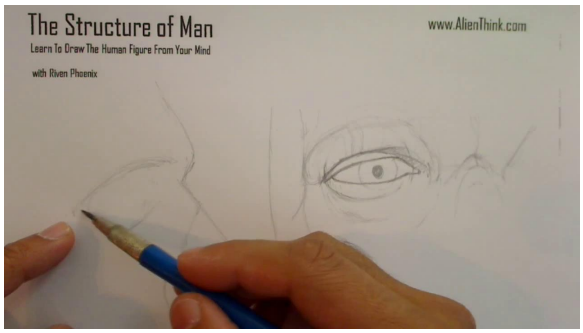
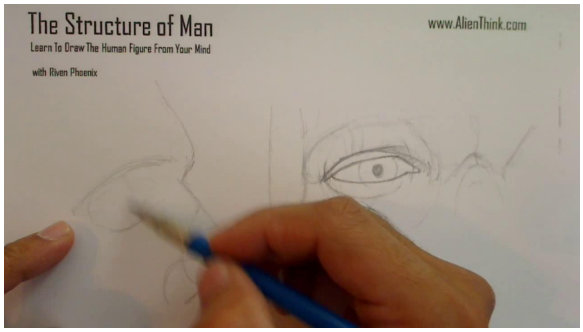
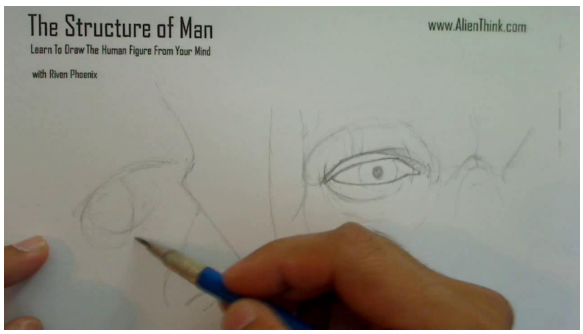
2026 Riven Phoenix and AlienThink.com

105		and then over here we're just going to get the opening for the eye socket like this, it's going
106		to be just like this, right, so we're really looking at the side, so your nose really would be
107		coming like this over here and then going down this way, right, so you have like your nostril
108		over here and it'll just go down like this, okay, so if you take a look at this you'll see what

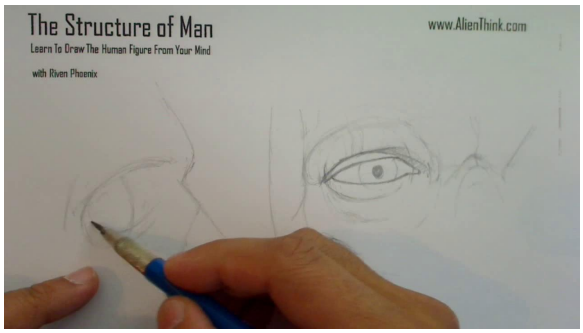
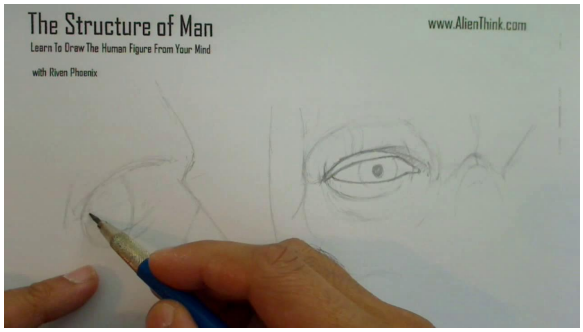
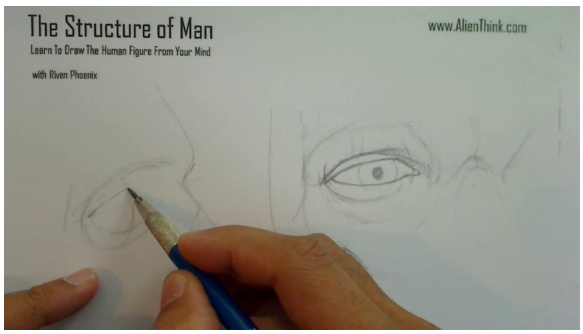
2026 Riven Phoenix and AlienThink.com

109		I'm talking about in this area over here, that this is the bone area and it's curbing
110		back all the way towards us, right, it starts here and then it curves over here, right, this is the
111		area that we're talking about over here, just like this, this is the fatty area over here,
112		and then over here is much more deeper, right, it's much more deeper and this because of the way

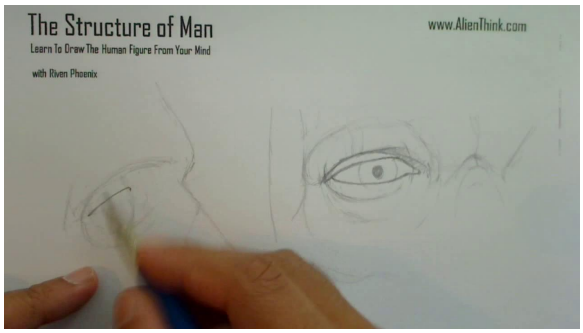
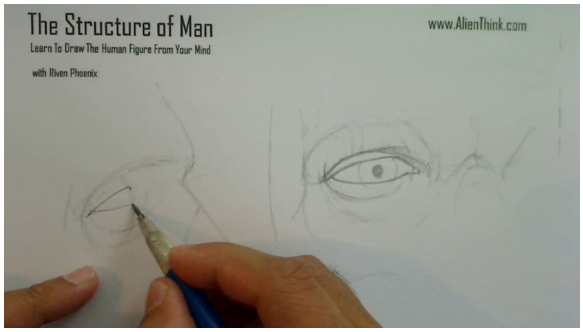
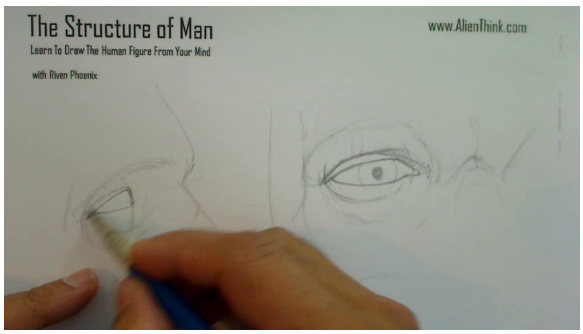
2026 Riven Phoenix and AlienThink.com

113		this is it's over here, so what happens is that when you get your your your your eyeball is basically
114		going to be about here inside, right, so what happens is because of where this opening is, right,
115		so this is going to be the opening for the socket for the eye, right, you're just going to it's
116		going to go like this and then you're going to get that idea over here, right, so what happens is

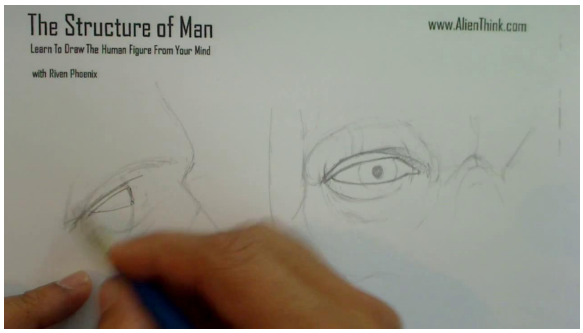
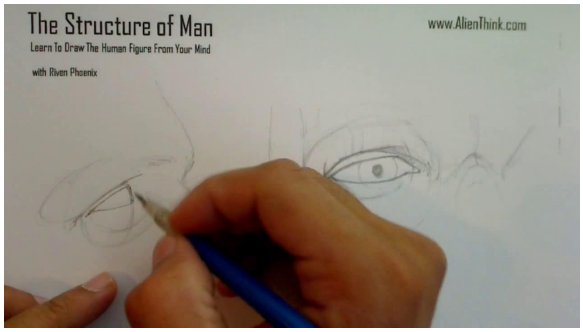
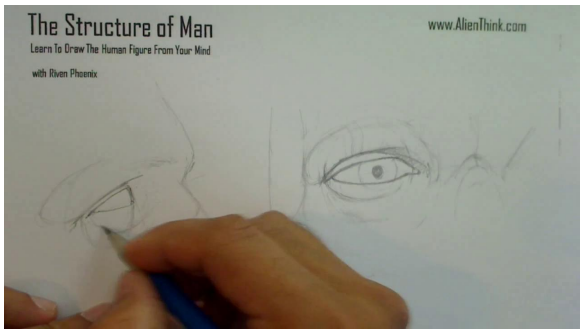
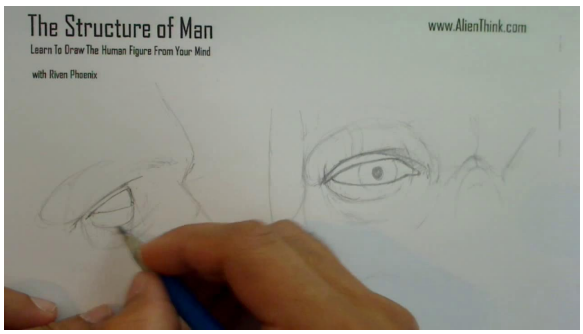
2026 Riven Phoenix and AlienThink.com

117		because we're saying that it needs to be kind of like close over here, right, this is the center
118		for the eye, when it goes from here, so you notice that over here it's more back and over here,
119		it's more in the front, right, so what happens is when the eyelid starts going this way over here,
120		then it has to, it has, it takes longer from here to go all the way around and come over here,

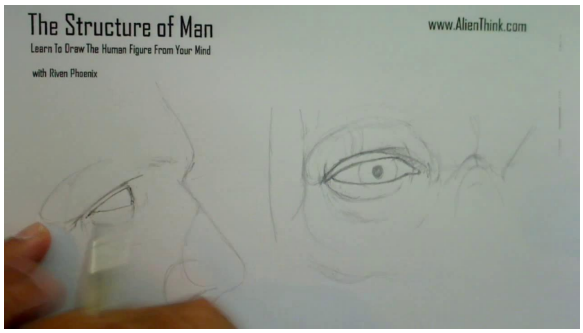
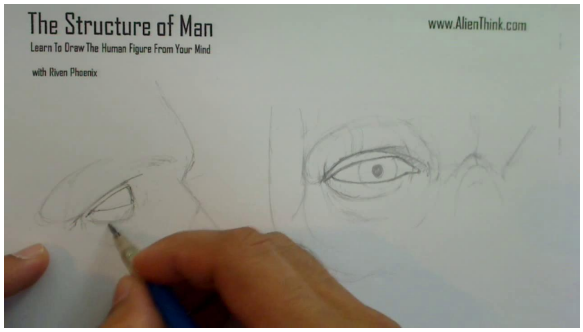
2026 Riven Phoenix and AlienThink.com

121		right, same thing with the bottom, the bottom one would be over here coming all the way out like
122		this and then it's going to want to curve in, right, so this one would go here for the for the
123		tear duct and then this is where you'll get like your your top of the eyelid over here and this is
124		where we'll start to get that line here for that fatty area, right, so you'll have like a few wrinkles

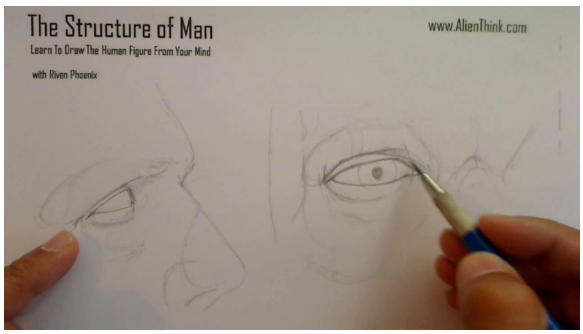
2026 Riven Phoenix and AlienThink.com

125		over here, then this whole area would really just be all fatty substance over here, right, so this
126		helps to explain us to what's going on in the design of the eye, so over here we'll know that we're
127		going to get this bottom area over here is the same thing, it's following along and then it wants
128		to go in that direction, right, so your your eye bag area would be here, okay, so if we raise all

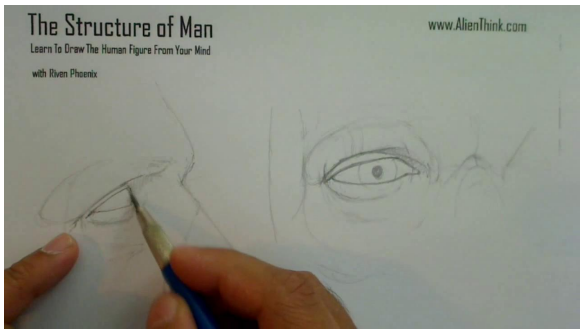
2026 Riven Phoenix and AlienThink.com

129		these lines and begin to now understand what's going on, it'll make more sense now to the mind, so
130		if this is like shaded over here, like this and then you get like the bone for the cheek over here,
131		right, so over here this is why usually when you're like shading it, this is going to be all
132		under inside here, right, this is an important concept you know that over here the the eyes are

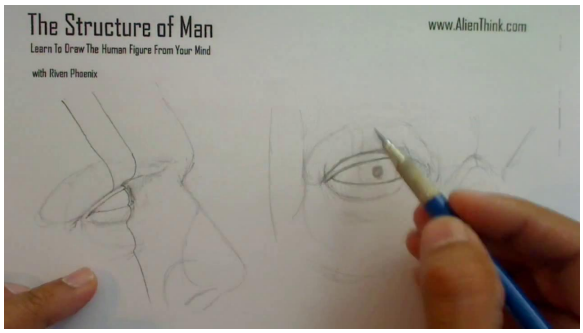
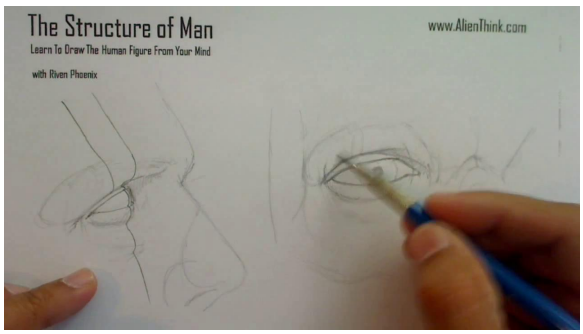
2026 Riven Phoenix and AlienThink.com

133		much more inside here, right, but this helps to explain us to why the eye looks the way it does
134		because over here when we drew it we were drawing it because this part is all the way here to the back
135		of the human head and then we're coming more to the front, so by the time we come over here,
136		there's not enough space for this guy here to now go all the way back down to this level, right,

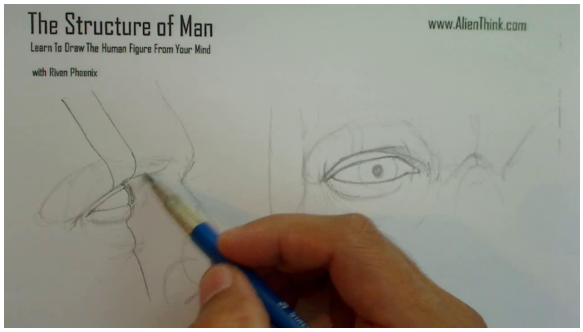
2026 Riven Phoenix and AlienThink.com

137		it stops here, so this is where you get this idea here, right, so this is a a to understand is a
138		little bit or here we can do like a line of understanding, right, so line of understanding would be that
139		you draw a line over here and then you say okay what is it exactly happening here that you know
140		that it goes inside then it's going to go here then it's going to go here it's going to come

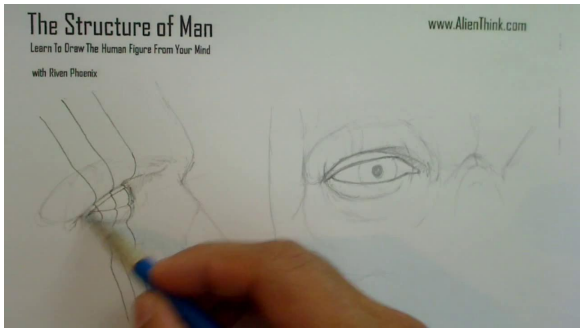
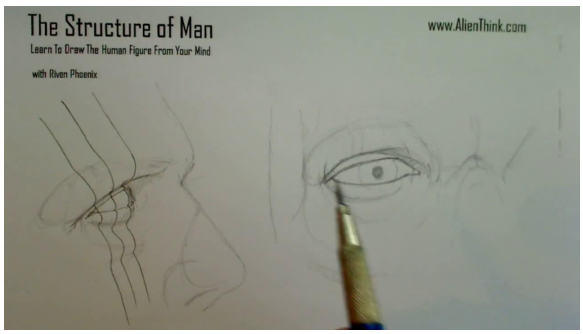
2026 Riven Phoenix and AlienThink.com

141		here and then on the on the face it's just going to go like this, right, so if we put another one
142		like this we would know that okay I get the I get the idea of that this whole this is part of
143		the top of the bone structure where the eyebrow is but because of the way the muscles were
144		right that we had looked at over here the way these muscles are we're going to get this area

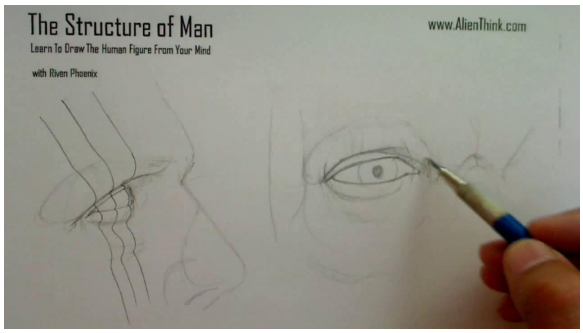
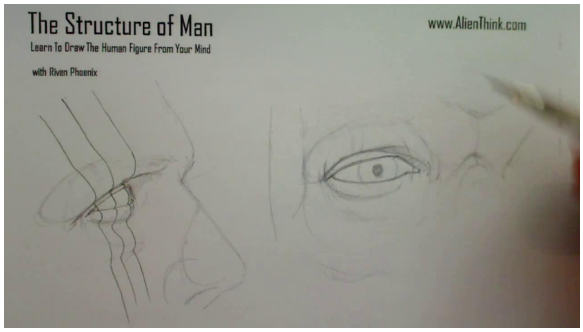
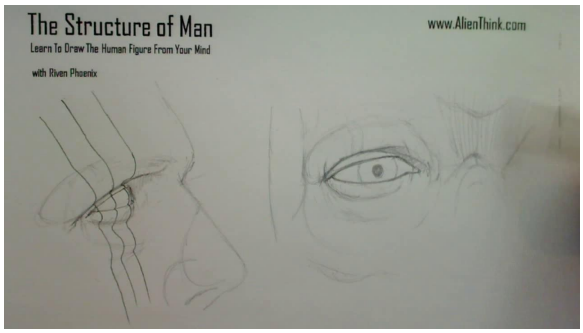
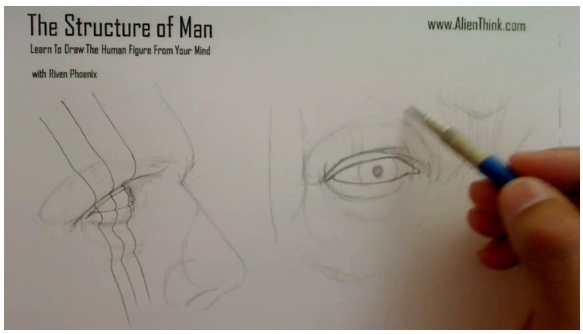
2026 Riven Phoenix and AlienThink.com

145		just flabby right it's going to be much better uh tissue because of the weights connected right it's
146		like a cloth over here and but there's really nothing else going on so it becomes uh much more
147		fatter so basically this would go like this again over here like so and then it would just go here
148		right so this concept of the line of understanding allows you to see uh what exactly is happening

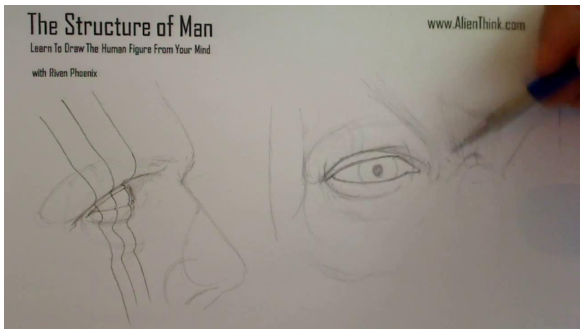
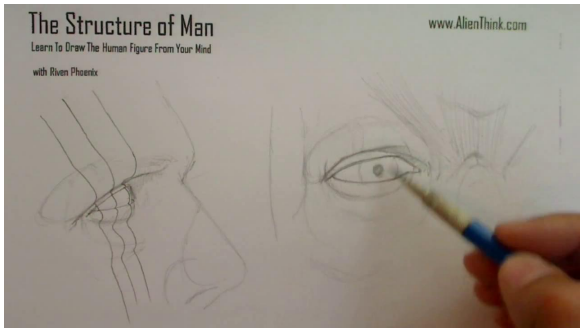
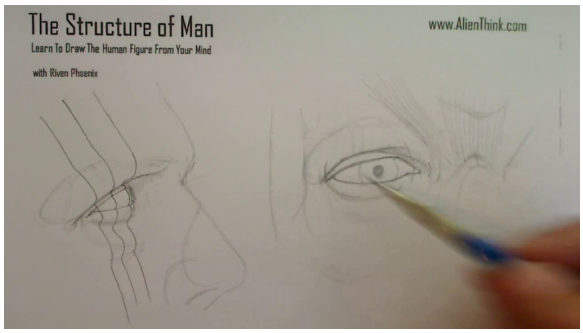
2026 Riven Phoenix and AlienThink.com

149		and train the uh the mind to begin to understand these concepts in this way right so notice
150		that how this is so what we're going to do is here we're just forming the basic conceptual idea
151		of this right so now we're going to in the next lesson start looking at about how to draw out
152		different types of eyes right and what how much freedom do we have in this time in this idea of

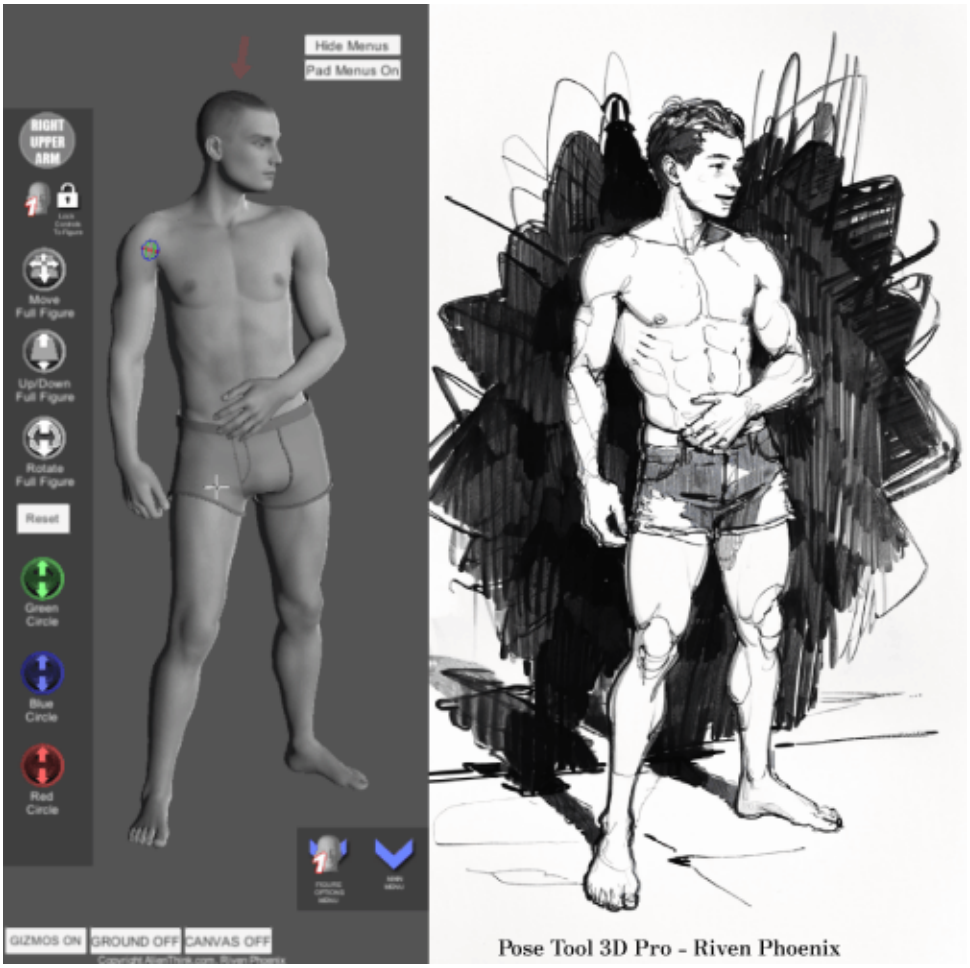
2026 Riven Phoenix and AlienThink.com

153		thinking all right so over here just to finish it off this is where your uh
154		right your that muscle would be over here that we talked about is just going to be connected
155		like this over here right and then other muscle that we talked about would be going in this right
156		so uh that muscle would be just going like this

2026 Riven Phoenix and AlienThink.com

157		let me talk about in the front right so your eyebrow would be here so here we're going to take a
158		look at in the next lesson understanding uh how to draw the eyes understanding what's going on
159		with the eyebrows this i'll see you in the next lesson thanks

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com